

Schools Update: Summer Break

By Aaron Miller

Another school year has come and gone. Both students and staff are ready for summer vacation, but there are many considerations to ensure that safe, respectful and responsible behaviors continue to be developed over the summer months. Here are some ideas from "The Parent Institute" to help students of all ages maintain that progress, and other healthy habits, over the break.

Seven ways to prevent summer reading loss

Your child has worked on strengthening her reading skills all year long. You don't want her to lose them over the summer! Yet research shows that summer reading loss is a real problem.

Thankfully, there are countless ways you can encourage your child to maintain—and even improve—her reading skills during vacation. You can:

1. Read together daily. In addition to reading books, ask for your child's help with following recipes, looking up information online and making lists.
2. Keep reading materials handy. Leave comics, magazines, books, newspapers and other materials around the house where your child is likely to pick them up.
3. Choose irresistible materials. Look for books and articles about your child's interests, such as sports, art, fashion or even a favorite movie.
4. Talk with experts. Ask your child's teacher or a librarian for summer reading suggestions.
5. Visit the library regularly. Give your child frequent opportunities to find materials that appeal to her.
6. Take books with you. Bring them on trips, into waiting rooms and anywhere else your child might complain, "I'm bored!"

7. Be creative. Listen to audio books. Play word games. Visit a museum and read about displays. Start a book club.

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Are you preparing your child for a safe summer?

Summer is prime time for fun and also for risk—especially for middle schoolers, who may not always be in sight of an adult. Are you preparing for a safe summer? Answer yes or no to the questions below to find out. Mostly yes answers mean you are focused on summer safety. For no answers, try those ideas in the quiz.

1. Do you require your child to wear sunscreen when he is outdoors?
2. Do you insist your child wear a helmet when on a bike, scooter or skateboard?
3. Do you know where your child is, who he is with and what he is doing? Do you discourage hanging out after dark?
4. Do you consider your child's maturity before assigning chores, such as mowing the lawn with a riding lawn mower?
5. Do you encourage your child to drink plenty of water when working, playing or exercising outdoors in the heat?

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Team up with your teen to combat negative peer pressure

Summer is around the corner—which often means less supervision for many teens. If you are concerned about your teen spending so much time unsupervised, you have good reason.

Surveys show that teens are more likely to try drugs and alcohol during the summer than they are during the school year. To help your teen resist pressure from peers:

- Talk about the dangers of drugs and alcohol. Teens who are under the influence do things they simply would never do otherwise. If your teen stays sober, she has a much better chance of staying healthy and safe.
- Give examples. Pick up your local newspaper and you'll likely find a story about teens in trouble. Talk with your child about what happened. Ask her what she would do in that situation. Talk about ways to avoid trouble.
- Set limits. Make sure your teen knows what time you expect her home. Suggest that she use you as an excuse: "I can't—my mom is sitting in the front hallway right now waiting for me to walk in."
- Encourage healthy activities. Suggest that your teen find a place to volunteer over the summer. She should also look into getting a summer job, joining a summer sports league or taking a summer class. As a bonus, any of these activities would help strengthen her résumé and college applications!

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PTA PRESS EXTRA!! EXTRA!! READ ALL ABOUT IT

By Melissa Zavales

Be there! Be heard!

This is the PTA slogan for the upcoming year.

We are encouraging all community members to attend a PTA meeting and BE HEARD! Our challenge to you is to attend and become part of a fun team that has our students interests at heart. THERE IS NO COST TO ATTEND A MEETING. If you decide you would like to become a voting member of the PTA then there is a small fee for state dues, but to attend meetings and be heard, and volunteer your time, there is no out of pocket cost. Our next meeting is Thursday, May 21 at 7:00 PM Vernonia High School library.

We have been working

very diligently on the playground for our Vernonia School District students. As most of the community knows, we have installed Phase I, and the kids have been using it this school year. We have been fundraising and applying for grants and are so close to completing the final stage.

The first phase cost roughly \$10,000 and was purchased through our fundraising efforts and your generous support. With the help of some amazing volunteers we installed the equipment.

We have received a grant from Buell Recreation for \$4,961 to implement Phase II. The PTA has \$5,500. We have received generous donations from the Vernonia Boosters of \$2,750, a personal donation from Virginia

Johns of \$200 and a donation from Vernonia Education Foundation of \$750. That leaves a balance of approximately \$6,000 still needed to complete this project which will provide a playground with capacity for eighty-one students with two slides and lots of climbing.

We are asking for you to help us reach this goal. If you have a fundraising or grant idea, or a connection, please share. If you can make a monetary donation, please do. WE NEED YOU!

Please attend our next meeting with your great ideas. If you wish to make a donation please send it to the Vernonia School District, 1000 Missouri Ave. Vernonia, OR 97064, Attn: PTA.

THANK YOU!

School Board Report

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individual planning, instruction, career development services, paid employment, support services and follow up support for one year after leaving the program. Vernonia students currently enrolled in the program help operate the concession stand during sporting events at the school campus and receive a stipend that can be used towards purchasing or paying for school funded programs like sports fees, prom or their yearbook.

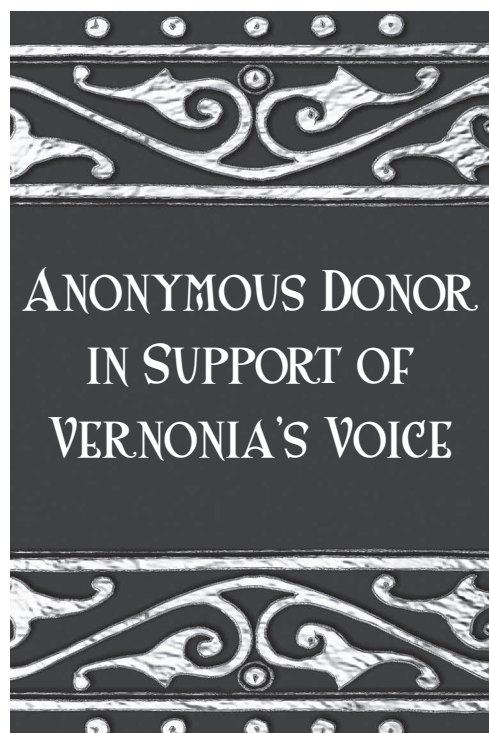
Public Comment – Gail Law and Jeana Gump both thanked Eric Urban for his work as Life Skills teacher and encouraged the Board to find a way to retain Urban. Urban submitted his resignation to the Board effective at the end of the current school year.

Student Reports – High School students Makayla Adams, Summer Snow and Alexis Baska presented the Board with a high school report. Adams reported on the Prom. Baska updated the Board on spring sports. Snow reported on Dornbecher Week. Baska has been attending School Board meetings and providing student reports for five years; this was her last School Board meeting.

Karra Delemos and Kate Frederiksen gave a report on the Middle School Close Up trip to Washington, D.C.

Building Reports – Elementary School Principal Aaron Miller reported that 5th graders Emma Neuffer and Carly Bergen were Spelling Bee winners for the school; Bergen finished 4th at the County contest.

High/Middle School Principal Nate Underwood reported that the Forestry Team finished 4th at State. Makayla McCord and Dominic Szlavich were named Prom Queen and King. The High School held a SKID program.



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